

Hypoglycemia (low blood sugar)

A low blood sugar is when your sugar is less than 4 mmol/L.

If you have a low blood sugar, you may feel:

- ❖ dizzy
- ❖ shaky
- ❖ sweaty
- ❖ hungry
- ❖ weak or tired
- ❖ confused
- ❖ irritable

Causes of low blood sugars:

- ❖ being more active than usual
- ❖ going a long time without eating
- ❖ eating less than usual, but still taking the same amount of medication or insulin
- ❖ alcohol
- ❖ taking too much or taking extra medication or insulin

If you think you might be having a low blood sugar, follow these steps:

Step 1: Check your blood sugar right away

*If you do not have your glucometer but feel 'low', treat anyway.



Step 2: If your blood sugar is less than 4, eat 15 grams of a 'fast acting' sugar

- ❖ 4 glucose tablets (DEX4 tabs)
- ❖ 3 packets of sugar, dissolved in water
- ❖ ¾ cup of juice or regular pop (not diet)
- ❖ 6 hard candies that you can chew quickly
- ❖ 1 tablespoon of honey



*It's important not to eat or drink more sugar than you need. This can lead to high blood sugars and weight gain.

Step 3: Wait 15 minutes and re-check your blood sugar. If it is still less than 4mmol/L, repeat step 2.

Step 4: Once your blood sugar is higher than 4 mmol/L, have a meal or a snack to keep your blood sugar stable

- ❖ If your next meal is less than 1 hour away, have your regular meal
- ❖ If your next meal is more than 1 hour away, have a small snack of carbohydrate & protein, like: crackers and cheese, whole grain toast and peanut butter, apple and 10 almonds



Make sure others know how to help you in case of emergency



- ❖ Wear a medical alert bracelet, or create a 'digital medical alert' on your smart phone
- ❖ Consider discussing with your doctor the need to keep a glucagon kit at home, and having a family member/roommate learn to administer it